



Lock-down  
**Scout**  
Outdoor Achiever

Level: RED

10 July 2020

Issue No. 12

**Covid 19 Discipline**  
**OBSERVE SOCIAL DISTANCE**  
**Beavers/ Cubs:**  
 Must be with responsible adult  
**Scouts/ Explorers:**  
 Parents must be informed.  
 Work with a friend.

Support  
your  
**ZOOM**  
meetings

*Getting out*



Jacques Sevin, France, 1926



# Lock-down Scout Outdoor Achiever

Harpenden, Wheathampstead and Kimpton Scout District

## Skilled Scouts have most fun: take up these outdoor challenges

Another eight activities for you to get away from screens and sofas and enjoy the outdoors! Do them well and learn many things. Apart from building self-reliance you gain skills and then everything becomes more fun. Remember you go out as Scouts: you carry the disciplines with you – respect things, try to be useful, and return home feeling thankful.

You can organise yourselves to do these activities or do the ones suggested by your leader so your friends at your Colony, Pack, Troop or Unit can all do a particular activity in the same week. You can then share stories and results at your zoom meetings.

When you complete one or more activities, there is a belt badge for Scouts and Explorers and a woggle badge for Beavers and Cubs. For the enthusiasts who complete five or more activities, the badge bears a yellow bar. If there is a demand for a ten activity badge, one will be created. Badges will be awarded (hopefully) in September when we get back together. You are on your honour: if you tell your leader that you have completed an activity, that is enough. Your photographs and stories are only to share the fun.



The Lockdown Scout badges. The yellow is awarded for 5 or more activities.

### Scouting with Covid 19

Safety is more important than usual so you must follow some simple rules:

When out and about keep a distance from other people, preferably 2 metres. Avoid crowds, assemblies and places where people gather. Don't touch what you don't need to. Use hand sanitiser or alcohol wipes when they are available or offered.

Remember you can become an unknowing carrier of Covid-19 so best discipline at all times.

### Activities: LDS 12

Activity 11: Foil cooking on a BBQ

Activity 12: Rig up a swing

Activity 13: Make a catapult

Activity 14: Five mile walk

Activity 15: Nettle dye

Activity 16: Make and fly a kite

Activity 17: I-Spy

Activity 18 : Five-minute bike check

Two Skill Boosters are downloadable from [harpendenscouts.org.uk](http://harpendenscouts.org.uk) - they may help with some activities.



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# Activity 11: Project

Foil cooking on the BBQ

Location: At your home or a friend's garden



Fire up the BBQ and remove the grill. What you need is a pile of glowing charcoal embers.

You can prepare anything you like so long as it will cook nicely when double wrapped in aluminium foil. The recipe below is just an example. There are more ideas in the Lock-down Scout magazines (see [harpendenscouts.org.uk](http://harpendenscouts.org.uk)).

**Rapid recipe**

**DANISH DAMPERS**  
FOR GOURMET CAMPERS

**You will need:**

- 300g SELF-RAISING FLOUR
- 2 tsp SUGAR
- 1/2 tsp SALT
- 75g BUTTER
- 1 cup of MILK
- 6tbsp APRICOT JAM OR NUTELLA
- 100g SULTANAS

**1** SIFT THE FLOUR AND ADD THE SALT, SUGAR AND BUTTER UNTIL IT RESEMBLES BREADCRUMBS

**2** GRADUALLY ADD THE MILK TO FORM A SOFT DOUGH, THEN KNEAD UNTIL PLIABLE

**3** DIVIDE INTO 12 BALLS

**4** ROLL EACH BALL INTO A LONG STRIP

**5** SPREAD A LAYER OF JAM ON THE DOUGH

**6** ROLL UP TIGHTLY INTO WHEELS (LIKE A DANISH PASTRY) SCATTER THE SULTANAS

**7** SPEAR THE PINWHEEL ON A STICK AND TOAST OVER THE FIRE

J.B.H. BRAIME

**Cooking strip**

**FIRE-BAKED APPLES**

**You will need:**

- 1 COOKING APPLE PER PERSON
- THICK COOKING FOIL
- 3 TABLESPOONS BROWN SUGAR
- 3 TABLESPOONS DRIED FRUIT (CURRANTS, RAISINS & DRIED CRANBERRIES ARE NICE)

**1** CORE THE APPLE CAREFULLY USING AN APPLE CORER OR A REALLY SHARP KNIFE

**2** PLACE THE APPLE ON THE FOIL

**3** MIX THE SUGAR AND FRUIT, AND FILL THE HOLE WITH THE MIXTURE

**4** WRAP THE FOIL ROUND THE APPLE AND COOK ON EMBERS FOR 20 MINS

**5** REMOVE FROM FIRE WITH A SPADE & LET IT COOL SLIGHTLY

**6** EAT WITH CUSTARD

RECIPE: DEREK WRIGHT  
PICTURES: JOLY BRAIME

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# Activity 12: Project

## Rig up a swing (Everything recovered)

Location: Anywhere with a convenient tree

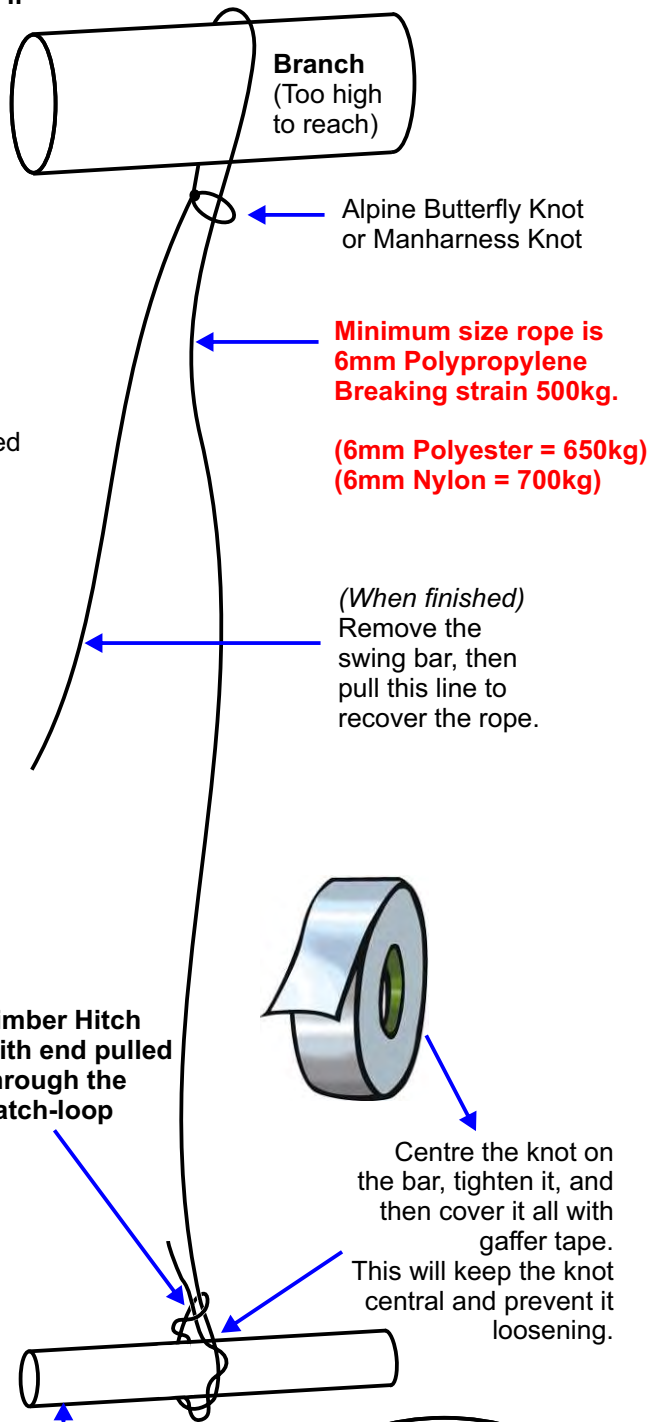
The idea here is to rig up a temporary swing. But this doesn't mean we slack on safety. Only rig up a swing if there is:

- A suitable tree with strong horizontal branch in a good position.
- You have strong rope in good condition.
- You are prepared to get the knots right
- You have a bar, car tyre, or swing seat that is sound.
- There is a roll of gaffer tape to hand.

To be a Scout swing, when the activity is over, all ropes should be recovered without damage and other things used put away. Leave no marks showing that you were there!

### What to do

- 1 Choose your tree.
- 2 Tie a Manharness or Butterfly knot in the middle of your rope to create a loop.
- 3 Attach a light throwing weight to one end of your rope and throw it over the branch (be careful of yourself and others).
- 4 Pass the end of the rope through the loop and hoist it up to the branch.
- 5 At the right height from the ground, secure the swing bar using a Timber Hitch. Spin the end of the rope around the knot (right around the bar) and pass the end through the catch loop.
- 6 Tighten the knot to grip the bar, then cover the knot with gaffer tape.
- 7 Take a picture
- 8 When the activity is over, remove the swing bar, and then pull on the recovery line to remove the rope from the tree.
- 9 Tidy everything away.



**Swing bar:**  
40cm long x  
(at least) 5cm  
strong wood

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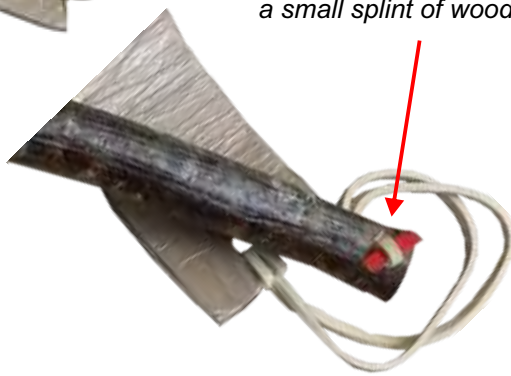
# Activity 13: Project

## Make a catapult

Location: Anywhere



*Drill the hole, thread the elastic band through it using the hair pin as a needle, then lock the elastic band in place with a small splint of wood.*



### You will need:

- A stroll in the woods to find a 'Y' shaped stick: the catapult to be.
- Elastic bands.
- Cardboard.
- Parcel packing tape.
- Hole punch.
- Splints of wood.

### Tools:

- Saw to trim the catapult to proper size.
- Drill to make holes
- Hair pin (or make similar)
- Craft knife

### What to do:

- Choose a fallen branch, not a living tree, to cut the Y-shaped catapult from but test its strength first. It doesn't have to be a perfect shape.
- Saw the catapult arms to size and use the craft knife to remove any knobby bits.
- Lay the catapult flat on the work bench and drill two holes for the elastic bands. It is best if the elastic bands are a tight fit in the holes (try 3mm or 4mm diameter)
- To make a pouch, cut a piece of cardboard (e.g. from a cereal box) about 4cm x 8cm. Cover both sides fully with brown packing tape and trim back to size.
- Using one side of the hole punch, put a hole at each end of the cardboard.
- Attach the elastic bands to the holes in the cardboard.
- Using the hair pin as a needle, pick up each elastic band and thread them through the holes in the arms of the catapult. Release the hairpin and place a splint of wood in each band to prevent them coming out.
- It's ready!  
Find a wine cork, grip it in the pouch, aim at something safe, pull the catapult back, and release the cork.

WHAM! Hopefully, smack on target.



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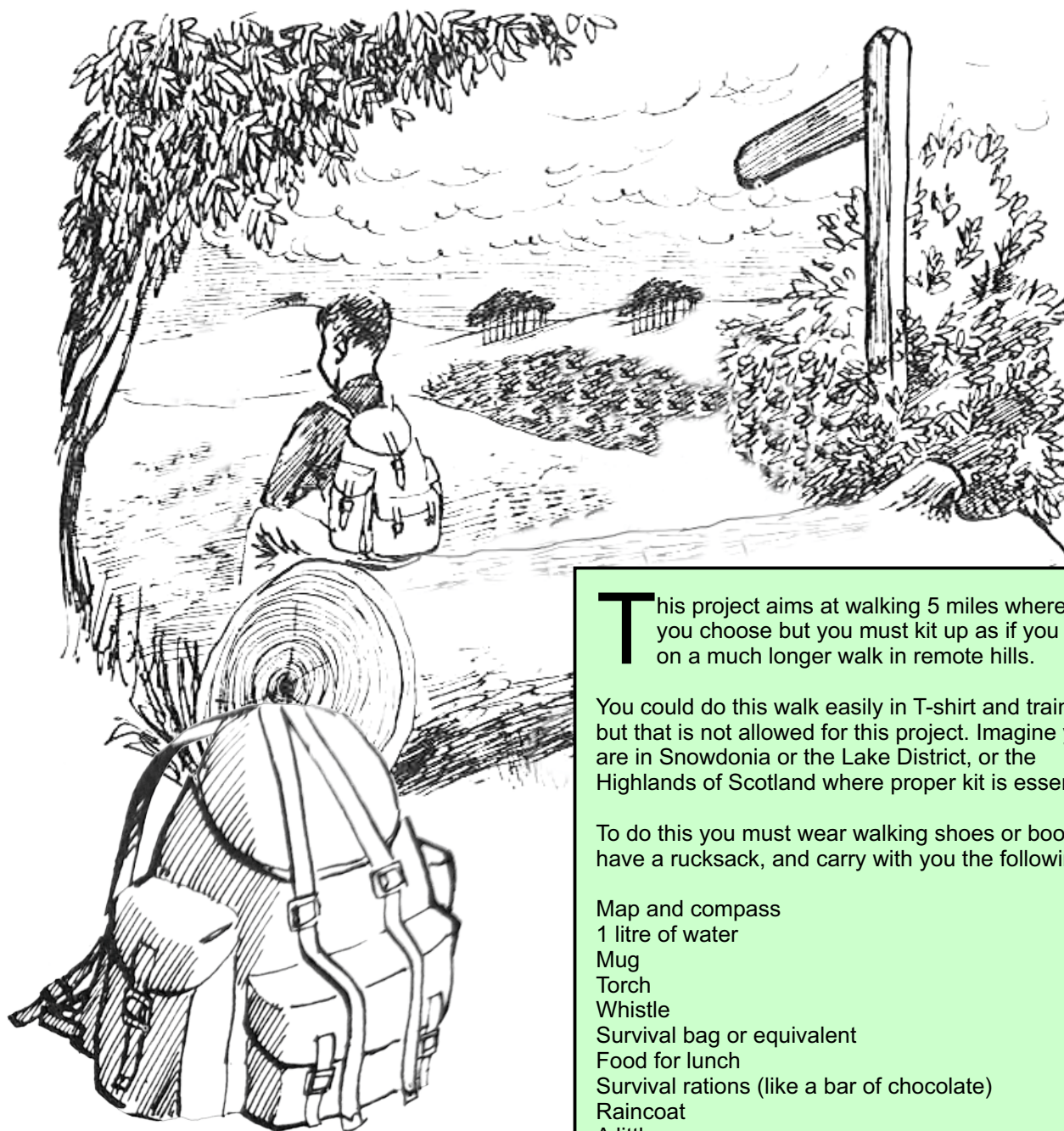
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# Activity 14: Out and about

5 Mile Walk

Location: Scout's choice



*Everything to go inside the rucksack*

**T**his project aims at walking 5 miles wherever you choose but you must kit up as if you were on a much longer walk in remote hills.

You could do this walk easily in T-shirt and trainers but that is not allowed for this project. Imagine you are in Snowdonia or the Lake District, or the Highlands of Scotland where proper kit is essential.

To do this you must wear walking shoes or boots; have a rucksack, and carry with you the following:

- Map and compass
- 1 litre of water
- Mug
- Torch
- Whistle
- Survival bag or equivalent
- Food for lunch
- Survival rations (like a bar of chocolate)
- Raincoat
- A little money
- Pen and paper
- A hank of rope (paracord)
- First Aid kit

This will be a weight on your back but such is the reality of walking in the wild places.

It is best if you go in full uniform because just about everybody helps Scouts out along the way.

**Have someone take a picture of you in full kit**

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## Activity 15: Project

### Make a dye from stinging nettles

Location: Anywhere

**D**uring both world wars the stinging nettle provided fibres for uniforms, webbing and rucksacks and a dye to colour them. It is the dye from the leaf that this project is concerned with.

To dye cloth properly so that the colour won't wash out requires a pre-treatment with a substance called a mordant. We can dispense with that because we only want to see the colour once.

#### What to do:

- Put on work gloves and pick enough nettle leaves to fill an empty baked bean tin (see picture below).
- Half fill with water and press the nettles below the surface.
- Put the tin on the picnic stove and bring to the boil.
- Keep it hot for an hour (not boiling, just hot).
- Wearing the gloves, pour the water into another tin or tray. This is the dye.
- Place your scrap of white cotton into the dye and then spread it out, or hang it up, to dry.
- All done! What colour do you get? Take a picture!

## Nettles



#### You will need

- Courage to pick nettles
- A patch of nettles away from home
- Two empty tins (Baked beans type)
- Work gloves
- A picnic stove
- A bottle of water
- A scrap of white cotton to dye
- A camera to remember the moment



*The project involves stinging nettles. If they touch your skin they will sting. For this reason you will need work gloves.*

*Once you have the work gloves on you are safe.*

## Work gloves



*You must have gloves and cover your wrists*

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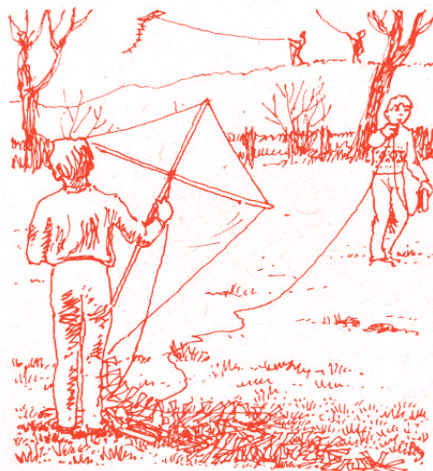
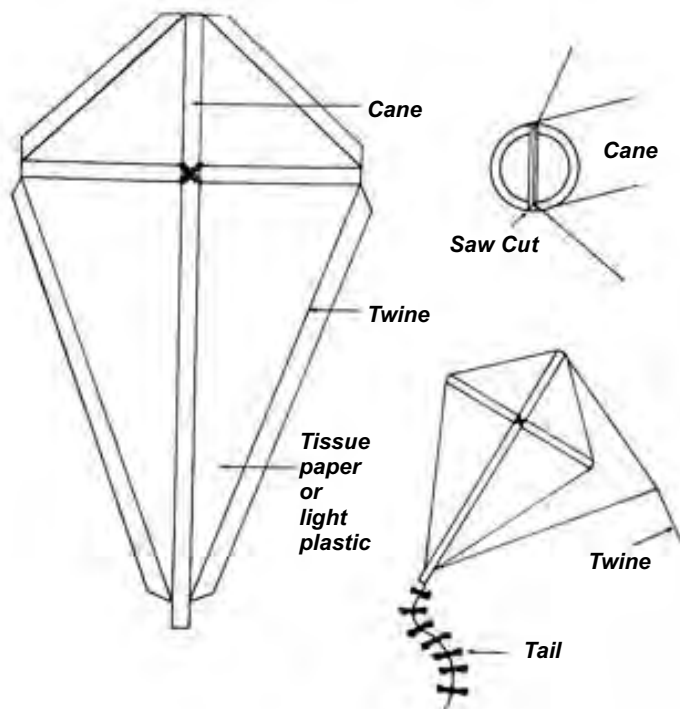
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# Activity 16: Project

## Make and fly a kite

Location: Anywhere (but why not Dunstable?)



Everyone loves flying a kite and they are now available for around £5 from eBay. But there is even more fun in making a kite and coaxing it up into the air.

The big issue with a kite is the weight. The ones you can buy have clever mouldings and engineering materials to gain the required strength within a few grams. Home made kites will be heavier which simply means they need a slightly stronger wind to succeed.

If you stay in our District to fly a kite it is less likely that you will find a good wind but if you decamp to Nomansland, or better still, Dunstable Downs, the wind speeds are always higher. These are popular destinations for kite flyers.

The kite plans illustrated here suggest using the thinnest canes you can find. The heavier the cane, the stronger the required wind.

A junior hacksaw and a pair of scissors are probably the only tools you will require. However, if you can see a way to lessen the weight—raid the toolbox, get creative, make a better kite!

Kite tails need attention. Their purpose is the stabilise the kite by pulling on the bottom tip of the sail. They also improve to look by colour and design. Tissue paper 'bow-ties' work well by creating the necessary drag with little weight.

If the tail is very long it may be too heavy in light wind; if too short, the kite may spin. Start with twice the height of the kite, then it is a judgement: be ready to trim it on the day.

The kite string needs to be as light as possible and a button-cord is perfect. Fishing line would also serve if there is a bobbin in the cupboard not doing anything.

Take a picture of your kite and another with you flying it. Enjoy!

**Materials:** 2 lengths of cane – one 45cm, one 30cm (the top ends of garden canes); twine and tissue paper.

**What to do:**

- Cut or file a groove in the centre of one side of the 30cm cane, and a similar groove 15cm from the end of the 45cm cane.
- Bind the two canes together to form a cross.
- Make a shallow saw cut in the ends of both canes so that a length of twine will stay put when stretched around the frame.
- Place this on a piece of aircraft tissue paper or light polythene and cut it out with a 5cm overlap all round.
- Add glue to these overlaps and fold them over the twine to the back of the kite.
- Make the tail from 8cm lengths of tissue paper tied at the centre (to make a 'bow-tie') and fix about 20cm apart.
- When you fasten the kite line, do it as shown in the drawing.

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# Activity 17: Out and about

I-Spy

Location: local towns

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*Tick them as you go*

Go about town and tick off as many items as possible.

As you find them, tick them off and take a picture or note where seen.

Enjoy the exploration.

Tick them as you go

1 **Weather vane**

2 **19th Century building date. i.e. 18xx**

3 **Twisty wrought iron**

4 **Disused rail signal**

5 **WWII structure**

6 **Emergency salt box**

7 **Gargoyle**

8 **Braille**

9 **Statue**

10 **External fire escape**

11 **Fire hydrant sign**

12 **High voltage insulator**

13 **Barber pole**

14 **Monkey puzzle tree**

15 **Stepping stones**

16 **Five bar gate**

17 **Flying Union Flag**

18 **Church spire**

19 **Red telephone box**

20 **Round window**



How many can you find?

Number seen
<hr style="width: 50px; margin: 0 auto;"/>
<b>20</b>



## Activity 18: Project

### Bike check and ride out

Location: Anywhere

## 5 minute bike check



- 1 Lift the front end by the handlebar stem**
  - Pat the front tyre to check the wheel is tight in the frame.
  - Squeeze the sides of the front tyre to check inflation.
  - Wobble the wheel from side to side to check there is no excessive bearing play.
- 2 Return the wheel to the ground, apply the front and rear brakes**
  - Check that the brake pads bear evenly on the rim.
  - Check that the cables inside the levers are free from fraying.
  - Check that there is no part of the mechanism missing.
  - Check by pushing the bike forward that the brakes work.
- 3 Release the brakes, step over the front wheel and grip it between the knees**
  - Grasping the handlebar grips, check for side to side and up and down movement
  - Check that all levers on the handlebars are tightly fitted
- 4 Move towards the rear of the bike, grasp the saddle**
  - Check for movements up and down and side to side
- 5 Lift the rear of the bike by the saddle**
  - Pat the tyre in the direction of the rear drop-outs to check the rear wheel is tight in the frame
  - Squeeze the sides of the rear tyre to check inflation
  - Wobble the tyre/wheel from side to side to check for bearing tightness
- 6 Ask the rider to work the pedals by hand whilst you continue to hold the rear wheel off the ground by the saddle**
  - Work the back gear lever from one extreme to the other (whilst rider pedals by hand) to check that the chain will not throw off the largest or smallest sprocket jam
  - Repeat using the front gear changer to ensure the chain will not throw off the chain-rings
  - Wobble the pedals side to side in turn to check there is no excessive play in the bearings or in the bottom bracket
- 7 Check the chain**
  - Ensure all its pivot points are free. Drip oil lightly as necessary. Avoid spray oils (messy) and avoid WD40 because it is a solvent not a lubricant.

With your bike checked and ready to go, put on your cycling helmet and go for a ride. Ride in safe places for no other reason but the sheer joy of it.

Pack a picnic and map. Cycle with parents or friends and when you are whizzing through the lanes, spare a thought for the engineers who designed and created the components of your bike. It is an amazing piece of kit!

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# Lock-down Scout



## A reminder

that there are 10 Lock-down Scout magazines full of indoor activities and much else besides for RED-level Scouting.

Download from [harpendenscouts.org.uk](http://harpendenscouts.org.uk)



Plus 18 Outdoor RED-level Scouting in LDS 11 & 12



# Scouts

In lock-down

Harpenden and Wheathampstead Scout District